

Maria Ferguson

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How
To Stay

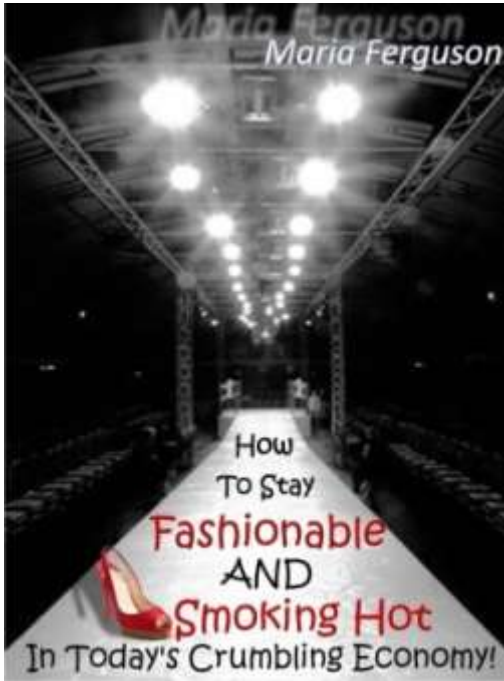
Fashionable
AND



Smoking Hot

In Today's Crumbling Economy!

“How to Stay Fashionable AND Smoking Hot In Today's Crumbling Economy!”



By:
Maria Ferguson

Is the current economy crisis cramping your beauty style? Can't pamper yourself like you are accustomed to?

Let's be honest! Every woman wants to feel attractive, confident, and appealing. We ALL feel amazing when we look in the mirror and see a beautiful woman looking back. That's not conceit, that's CONFIDENCE, baby!

Maria thinks/dreams BIG so this book ISN'T just about fashion and beauty, it's about EMPOWERMENT! She knows that FEELING beautiful makes a BIG difference in a woman's confidence level so she took this book a giant step further!

She incorporates her cost effective beauty/fashion tips with humorous and inspirational coaching in order for you to realize that you are an intelligent, beautiful, smart, funny, and SMOKING HOT woman...and that you CAN and SHOULD "OWN" every single facet of who you are!

This e-Book will help you to match your outer beauty with your inner beauty. After absorbing and putting these tips into action you will be oozing confidence and possess a strong body image so that you can EMBRACE the amazingly GORGEOUS woman that you are...INSIDE and OUT!

**FINALLY...a complete and comprehensive guide to everything you will need in order to
Feel beautiful and stay that way, from head-to-toe WITHOUT breaking the bank!**

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Special mention to www.tinyurl.com for providing a FREE resource that enabled me to make the HUGE referral links, well, tiny! I will be donating a nice amount to them after I sell some books!

A large percentage of photographs are of Maria Ferguson, daughter Brittani (PumpkinHead), sister Angie, and nieces Katie (Katie-Kins) & Anna (Anna Banana-Head)

Mailing Address:

Maria Ferguson's Fun & Informative E-Books
11350 Four Points Road
Suite 827
Austin, TX 78726

Contact:

Email: maria@mariaferguson.com
Website: www.mariaferguson.com
Phone: (512) 657-7658

DEDICATED TO THE TWO LOVES OF MY LIFE:

BRITTANI...My Beloved 'PumpkinHead'

*Who is the **FIRST** love of my life, my favorite person in the whole wide world, who to me, is the brightest, most insightful, resilient, resourceful, and ambitious young woman I have EVER had the privilege to learn from...the most AMAZING person in my life, and the very epitome of what it means to have inner AND outer beauty. Who gives my life reason and without her, my life would not shine as bright.*

This book is FOR her and because of that fact, I would not have been able to write it with such love, speed, and determination.

Also

ANGIE...My Beloved Baby Sister

*Who is the **SECOND** love of my life, my confidant, my pupil, my teacher, my test subject, and my FAVORITE gal to paint the town RED with. Who grows with me daily, will ALWAYS be my best friend, and who I would be COMPLETELY lost without!*

This book could not have been written without her love, support, asking my advice in all these areas, participating in the funnest "At-Home Spa Party Nights" with dancing and lotsa picture taking!

Also

SPECIAL THANKS ARE DUE TO:

Randy Glenn

Kirk Black

Patrick Billman

Who without their guidance, support, utmost belief in my abilities, ensuring I am eating and going pee when I am in "The Zone", giving me the occasional "eye-opening" kick in the can and because of their irreplaceable friendship...

I would not be where I am today.

AND

Thank you, Thank you, Thank you to all my family and friends that have been so understanding of me being incommunicado for the last three months because I have holed myself up in my house writing this book. I've missed you all and I can't wait to see you!

Also...Dr. Colby: Thank you for EVERYTHING!!

The Alluring Beauty of a Woman

***The alluring beauty of a woman
Is in the confidence she wears,
The sway of her hips...
The way she flips back her hair.***

***The alluring beauty of a woman
Can be seen shining in her eyes,
Because that is the doorway to her heart,
The place where her dreams reside.***

***The alluring beauty of a woman
Is not just a facial mole,
But the genuine beauty in a woman
Is mirrored in her soul.***

***It is the caring she lovingly bestows,
The Passion that she shows.
The inner beauty of a woman--
only makes her outer beauty glow.***

--Maria Ferguson

***"Even as little girls, we have always
LOVED to play dress-up"***

WHY US WOMEN LOVE TO DRESS UP TO THE NINES

Someone recently asked me why women like to dress up to the nines when they go out on the town and why beauty, fashion and our appearance is so important to us. Here is my attempt to answer that question from my personal point of view and observations.

I believe as women, our world is filled with beauty, glamour, excitement, and admiration from others. Men are very visual creatures and out of the two sexes, a woman is the lovelier one to gaze upon. Hence, the reason men are always looking at us --- especially when we dress up and amplify our physical attributes.



As females, we also possess a certain power with our feminine beauty and charms, that allows us to morph into a higher essence. We have been gifted with subtle influences that go WAY beyond the obvious power of domination that males possess.

We all dress in a manner or style that best suits our personal taste and desires. Our choices are neither right nor wrong; we dress for personal reasons that project our own individual style in a way that makes us feel the best. This in turn, increases the energy and aura that we exude.

I am a compact and curvy woman with a 5'1" frame, therefore, more than half of my clothing is form-fitting with pretty high heels that are generally considered sexy. I am more comfortable in this expression when out and about because I feel frumpy and less attractive in looser fitting clothes and flatter shoes which instantly decreases my confidence.

Even though it garners more attention, I still wouldn't sacrifice my personal self-image for anyone! You cannot imagine how good I feel and completely flattered when I receive compliments...from men and WOMEN alike!!! I believe the way I dress and carry myself is an overall statement of how I perceive my own confidence levels and myself.

WHY US WOMEN LOVE TO DRESS UP TO THE NINES CONTINUED

I do LOVE to dress to the nines and yes, beauty, fashion and my appearance is very important to me...but...It doesn't ALWAYS have to be all about the makeup, hair and clothes. The compliments I appreciate and love the most happen when I go out to run errands with no makeup wearing an old pair of faded jeans, a t-shirt, hair in a ponytail and STILL have someone tell me I look radiant!

GRANTED, my complexion looks fine without makeup because I take care of my skin and my body is in pretty good shape, BUT, it really makes me stop to think a bit.

I personally don't feel like I am looking all that radiant so what exactly warranted such a sweet compliment? I then think about what I was doing when that person noticed me and went out of their way to tell me I was beautiful. Often times I was talking to someone on my cell phone sharing an exciting story or laughing with someone or just simply enjoying the day in my child-like enthusiastic way.

That's when I know it's not just your outer beauty that people are attracted to...it's your INNER beauty that truly makes your outer beauty glow!

For me, I am more than happy to spend as little or as much time as needed to create my personal expression of outer beauty, but I know that the happiness and confidence that lives within me is what really makes the difference in how people perceive my beauty. Honestly...I wouldn't have it any other way...because I am WOMAN, hear me ROAR!

On a side note: As I write this book I have been sending the latest draft to a close friend every night for his thoughts, editing and personal opinions. After he read this section he sent me something I thought was very profound from a man's point of view and I felt compelled to add it:

"And from a man's perspective... yes we are visual, yes a woman's beauty is something we like to gaze upon. It's much bigger than a fleeting moment of personal stimulation. The beauty of a woman is why men push themselves beyond reasonable limits, go to war. The beauty of women gives life warmth, purpose, reason to endure a cold harsh world. A woman's smile, the sound of her laugh can make any length of pain disappear in an instance, a forgotten memory while the memory of her beauty can last a lifetime.

So it's not conceit, it's not vanity... the time and effort women spend looking beautiful is not only appreciated... the world needs her beauty to be worth continuing to go round and round."

---Kirk Black



Maria Ferguson...

**Maven
Public Speaker
Life Coach
Author**

Maria Ferguson is a modern day renaissance woman that has positively influenced the lives of thousands of people. Her incredible understanding of human nature and persistent pursuit of knowledge fuels her desire to share with and enhance the lives of everyone around her.

After much prompting by her clients and friends for her to go into Public Speaking, she decided she would convert her workshops into informative and motivational speeches.

Based on her experience, she knew that people responded to sincerity and passion for what you believe in and so she was determined to write her own material based on her learning experiences and how they had changed her life.

Maria practiced writing and performing her speeches in the privacy of her own home for a year and even attended a public speaking boot camp to better hone her skills.

Maria has received numerous awards for her imaginative storytelling with her insightful speeches, life-changing workshops, and informative seminars.

It wasn't long before people started asking her how they could purchase her books. That is how a new author was born...her name is Maria Ferguson.

Now you TOO can benefit from Maria's wisdom and experience in the comfort of your own home with Maria's e-Books. So pull up a comfortable chair and explore the raw, unique, and humorous style of Maria's writings.



"I was thinking of getting one of those 'Maria Ferguson Rules' tattoos, but then I was like, 'Who is Maria Ferguson?'"

A NOTE FROM THE AUTHOR

Hello and thank you for buying my e-Book! I hope that the previous page gave you a little insight into my background and how I came to write this beauty/fashion/empowerment/self-confidence book. Now I will give you a tad bit more insight into how I became an author.

When I started writing e-Books, I researched everything I could about how to write them and in what manner. The advice that resonated with me the most was to write the book as if I were explaining the topic at hand with a close friend. So that is exactly what I decided to do.

YOU are now a close personal friend of mine! In my raw and unique way, I will share with you ALL my beauty and self-image secrets that help keep me the confident woman I am.

And because this book is written as a personal communication between close friends, there will be rough grammatical edges; so please keep that in mind as you read it (especially if you are someone reviewing this book!). I wanted this to feel REAL, coming sincerely (and sometimes spontaneously!) from the heart as if I were speaking to you, my reader, sitting across from you and in person.

In this next section, I will tell you about myself in my own words:

My core belief in life is living with "child-like enthusiasm" and helping as many people as I can to embrace that concept.

Currently I give life-enhancing workshops/speeches to corporations, motivational speeches to high school and college students and write fun and informative e-Books. Future e-Book releases:

- [**"Decorate Your Nest For So Much Less!"**](#)
- [**"Cavemen Need Not Apply!"**](#)
- [**"Parenting is HARD...This Might Help!"**](#)
- [**"The Sincere Art of Schmoozing"**](#)
- [**"How to Accomplish Your Goals Effectively and Reach Your Full Potential"**](#)
- [**"How to Start, Maximize, & SUCCESSFULLY Complete Your 3-7 Day Full Body Cleanse"**](#)

A NOTE FROM THE AUTHOR CONTINUED

I possess over 15 years experience in Marketing/PR, Business Networking, Corporate Coaching, Employee Development, Management Training, and Public Speaking.

I have used this broad and extensive experience to consult for companies ranging in sizes of start-ups to Fortune 500 companies.

My first goal when I started working with my new client was to get them on board with my belief that: ***"Donations are a matter not of tax breaks or philanthropy, but of morals."***

Because of that strong belief, I always incorporated an individualized "Giving Back" program as part of the marketing strategy I designed for each company. The company would give a percentage of their revenue generated by my marketing strategy to a charitable organization of their choice.

I will be applying that same belief with this book as well as all of my future writings.

One of the strongest skill sets I possess is getting people passionate and excited about worthy causes. I am a proven "Outside of the Box" thinker and very creative with my fundraising approaches. Through these unorthodox methods I have helped many start-up companies find their funding while raising thousands of dollars for various charities in the process.

My goals while I am on this earth are: ***to entertain...to educate...to make a difference in as many lives as I can and to bring families together in a truly remarkable and unique way.***

My "Dream With NO Limits" goal is: ***cause a social movement.***

My philosophy in life is: ***find your special purpose in life and love it so much that you remain true to that purpose against all odds...use that insight to give back all you can and if at all possible...change the world.***

"When you have a purpose, when you wake up and you've dedicated your life to something beyond yourself, all is bearable right? - Will Smith

On an even deeper note, my doctor loaned me a book the other day and I noticed one of his thoughts written in the margin and thought it a PERFECT addition to the above quote:

"True satisfaction of Life's purpose comes only through the generation of love"
– Dr. Alan Colby

HELP MARIA GIVE BACK

As I stated in the previous page, "Giving Back" to the community is VERY important to me. I have always believed in helping as many people as I can accomplish their goals and live happier lives. Life is way too short not to LOVE every minute of it!

It's funny, one day I was watching [The Oprah Show](#) and she was interviewing Will Smith (I LOVE Will Smith...He is such a great actor and admirable person). In this interview, he said something that I completely connected with.

I think Mr. Smith was able to condense and articulate it a tad bit better than I could. After sitting there in awe for a bit, I realized that I too live my life by his philosophy. (I might have paraphrased a bit...click on his name and it will take you to Oprah's site and his interview):

"Live in service to humanity. If you are not making someone's life better by helping them to produce and add to society...then you are wasting your time on this earth" – Will Smith

Oprah has a great new life philosophy that she just started called: ***"Living Your Best Life"***. It has always felt good and helped make me feel complete to make a positive influence in people's lives. I was living Oprah's philosophy without even knowing it because I have also always tried to make sure that my success is everyone's success. By giving of yourself, you start a domino effect that carries on to more people than you can EVER imagine. Oprah is a HUGE living, breathing testament to that fact:



***You help...Others help.
You help others...Others help you.
You help others help you....Others help you help others.
You help others help you help others...Others help you help others help you.***

The ***Give Help to Get Help Wheel*** was developed after an original concept of [Daniel Quinn's](#) and was first presented in his book [My Ishmael](#).

With that in mind, I will be giving 10% of all revenue generated through the sale of this book and 20% of all revenue generated through my affiliate partnerships to several organizations.

All the links provided throughout this e-Book are live. Please make sure that you follow them from here so that together, we can raise as much money as possible for these worthy and life changing organizations.

In the future, I will continue to donate the above percentages for each book I write. I will choose different organizations that are more synergistic to each specific book topic.

With the help of everyone that buys my books and uses my affiliate partnerships, we can reach a diverse selection of deserving organizations.

IN HER SHOES

I don't want to get all "Serious" on you in a book that is supposed to be fun, but please indulge me for a few pages...

We have all heard different variations of the words "Try walking a mile in my shoes." There is even a movie out there starring Cameron Diaz (one of my favorite actresses) called: "In Her Shoes."



That's what I want to do right now. I want to ask you to please visualize the following woman and spend a brief moment "In Her Shoes":

She nervously perches on the edge of her chair across from the desk of her Doctor. It's weird, but all she can think about in that instant is how cluttered his desk is and that he REALLY needs to organize that mess. She laughs quietly to herself thinking at least it got her mind off her test results...even if it was for only a millisecond.

She can feel how clammy her hands have become from clasping them too tight as she tries her best to control the onset of shaking in her body.

In her head she can start to hear her own heart beat. She swears that it's going to explode as she feels the heavy beats against her breast, the tempo rapidly increasing by the second.

She absently wonders if her doctor can hear it from where he's sitting. Then she thinks, "Of course he can, he gives this type of news on a regular basis...poor guy, it must be so hard to be him at times."

She can tell by looking into her doctor's eyes that it's not going to be good news. With bated breath she waits for him to verbalize the words that she knows will be coming next and she bravely braces herself for the impact it will have on her. She hears him say in a grave tone, "It's Cancer."

She feels her eyes becoming glassy and despite her herculean efforts, one lone tear escapes. She can hear the tremble in her voice as she asks, "Is it treatable?" Her Doctor offers an optimistic smile as he tells her that it is.

As she is walking out of the office, the initial shock begins to wear off. She starts to think of her future, her family, and her friends. She knows that she has a rough road ahead of her, but she lifts up her head anyway and with a new resolve in her step and iron steel in her voice, she says, "'My future holds WHATEVER I visualize and I can get through this...YES I CAN!'"

IN HER SHOES CONTINUED

Did you know that breast cancer affects 10 million women around the world? They have ALL had to sit across from their doctor and hear those life altering words.

I know this because part of the story about the woman above was about me. I had to go through a similar situation...twice...once for repeating ovarian cysts and once for breast lumps.

I Thank GOD that each time, I did not have to hear those dreaded words. But as I sat there waiting for the results I prepared myself for the worst and imagined that I would walk out with steel and optimism coursing through my veins.

The experience of cancer challenges a woman in every conceivable way -- her emotional and physical stamina, her financial and employment security, her relationships, her self-image, AND her confidence.

I think one of the toughest things that women go through with this illness and subsequently the treatment, is accepting that they are helpless to change what's happening to their moods, their body and their appearance. Below is a list of possible side effects these women have to deal with:

Chemotherapy drugs are powerful and they come with many awful side effects:

- nausea and vomiting
- hair loss
- fatigue
- increased chance of bruising and bleeding
- anemia
- infection

Chemotherapy may have many affects on different parts of your body:

- intestinal problems
- appetite and weight changes
- sore mouth, gums, and throat
- nerve and muscle problems
- dry and/or discolored skin
- kidney and bladder irritation
- sexuality and fertility issues due to effects on reproductive organs

IN HER SHOES CONTINUED

*"You
never
know
how
STRONG
you are
until
being **STRONG**
is the
ONLY
choice
you
have!"*



When women lose the POWER of what is happening to them during treatment and chemotherapy, all they can think of is getting that power back and then kicking what took it away from them in the ass!

Now, if I had to sum this book up, I would say that it is all about EMPOWERMENT!

I somehow intertwined that message with tips and advice that is specifically geared towards demonstrating how women can save money and still have their outer beauty shine just as brightly as their inner beauty in today's shaky economy. Unknowingly at first, but as soon as I recognized what I was doing, I thought in awe just how amazing having a special purpose is. How if you just let Them; The Powers That Be will not only tell you exactly what you should do and how you should do it, but give you EVERYTHING you need to get it done!

This book is about CELEBRATING women and helping them see their beauty from within; encouraging them in building a positive body image that in turn boosts their self-esteem and self-confidence, allowing them to see that it's "OK" to LOVE yourself, dream big and turn those dreams into a reality!

Now you tell me...Who NEEDS to be EMPOWERED and feel BEAUTIFUL AND CONFIDENT more than these women do?!? Join me in helping to make as much of a difference as we can for these strong and incredible sisters of ours who are on the road to becoming TRUE survivors!

On the following page is how I propose to do that.

A PORTION OF BOOK SALES GO TO:

To achieve the goal stated on the previous page, the non-profit organizations I will be donating to will focus on empowering women to gain back CONTROL while they are recovering from the devastating emotional and PHYSICAL effects of cancer.

- Wig and Hair Styling
- Makeup consultation
- Support groups for women and their families
- Information and referral services
- Dietary and fitness consultations
- Breast prosthesis and mastectomy bras for women who qualify for financial assistance

Below are the two organizations that will benefit from a percentage of the sales and partnerships from my book. Until I have been approved as third party sponsor, I am unable to use their logos. My application is in the process of being reviewed and approved by each organizations board of directors. It shouldn't take much longer, but until then, I will hold those donations in a special account earmarked for them.

Susan G Komen for the Cure: www.komen.org Dedicated to education and research about causes, treatment, and the search for a cure. Headquartered in Dallas, Texas.

And

The American Cancer Society, Austin, Texas Branch: www.cancer.org Dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering

To learn more about these organization and their programs click on the links and go to their website. Please educate yourself and all the women in your life about breast cancer and learn how you TOO you can make a difference.

Last but certainly not least... NEVER forget your breast exams and mammograms!!!

Look! It even rhymes! Use this rhyme to remember to schedule a personal breast exam in your calendar on the same day every month as your early detection method. It's catchy with a certain beat to it...I just wrote it and though it's completely silly, I can't get the song out of my head!

***"Breast Exams & Mammograms...la la la
Breast Exams & Mammograms...la-la la-la laa
I won't forget my
Breast Exams & Mammograms...skit scat & my healthy booby-shooby-doo's"***

*"We weren't sisters by birth, but we knew from the start...
Fate brought us together to be sisters by heart."*

A GOAL TO ACHIEVE FOR 2009

October has been Breast Cancer Awareness month for some time. A few years back when I lived in San Antonio, I coordinated an event and we called it the **"Sex and the City" Brunch** after Samantha on the show was diagnosed with breast cancer. Based on the amount of volunteers I recruited and the retailers and restaurants who got involved it turned out to be an all day affair.



A close friend of mine was the Marketing Manager at a hot new restaurant which she closed down for a day to allow us to convert it into "Make-Over" CENTRAL!

We had estheticians, makeup artists, wig specialists, hair stylists, nail technicians and clothing retailers come and give EVERY registered woman recovering from chemotherapy an "All About Her" day. I wish you could have seen how much fun we ALL had. The feeling of seeing the smiles and joy on the faces of everyone involved was PRICELESS!

We didn't want them to be "all made up" with no place to go, so afterwards we gave each of them a gift certificate to a fine dining restaurant so she could have a special night out with a loved one. One of my goals for this year is to coordinate ANOTHER event like that here in my hometown of Austin, Texas. My challenge to you is to do the same where you live!



A Special "In Her Shoes" Edition will be released shortly which will contain additional chapters for women diagnosed with breast cancer and recovering from chemotherapy treatments. These chapters will have specific information pertaining to skin care, hair loss, support, extra inspiration, empowerment, and motivation while going through treatment and becoming a survivor.

I will have a MAJOR section with EVERY on line resource I can find that offers product and wig discounts, information, support, and survivor stories. I won't leave any stone unturned in utilizing my "queen of research" skills for their behalf! All they will have to do is click on the link and it takes them directly where they want to go.

I will initially give away 5000 FREE copies to women in the recovery process. As I generate more revenue I will be able to hire more staff to support a larger effort. Until then I will give away FIVE free copies for every ONE original book purchased.

You can give those free copies to women you know (by submitting their email addresses) with breast cancer (or any cancer for that matter) or I will submit those free copies to the foundations I am working with. I will also add a note telling them that this was a gift from you.

WHAT EXACTLY IS A MAVEN?

You might have been asking yourself, “What is this ‘maven’ word she keeps speaking of?” Ask and it shall be answered:

What exactly IS a Maven?

1. A self-styled expert in a given field.
2. A maven is also known as an ace: someone who is dazzlingly skilled in any field.
3. A maven is a trusted expert in a particular field, who seeks to pass knowledge on to others.

I have ALWAYS lived to learn new things, not just to educate myself, but that would also help make life happier and full of more abundance. I absorb everything I can like a sponge and love sharing it with others. My family, friends, and colleagues jokingly call me “The Human Encyclopedia.”

In this next section I will explain what a “Maven” is and how I became one out of necessity at a very young age. I didn’t even know that they had a word for what I was. I just thought that I was a FREAK about learning new stuff and I dubbed it “Just being Maria.”

After reading ['The Tipping Point: How Little Things Can Make A Big Difference' by Malcolm Gladwell](#), several years ago, I realized that I was NOT “Just being Maria”...I was in essence a “Maven.” Not only was I a maven, I was a very exceptional one.

Because I grew up in a low-income family, I have always had to be very frugal in order to acquire the kind lifestyle I wanted to live.

That knowledge has helped me immensely in the past 9 years that I have been self-employed. I have often had to be patient with being paid for my services, many times depleting my savings waiting on a large company to pay me for services rendered. I had to get creative to maintain my current love of fashion, beauty and the interior design of my home.

“To be a Maven is to be a teacher. But it is also, even more emphatically to be a student.”
Malcolm Gladwell – The Tipping Point



"Can't talk now, Angie. I'm right in the middle of doing my patriotic duty..."

INTRODUCTION

"Does this woman REALLY think she is qualified to write a How-To Beauty and Fashion Book? Yes I do...Yes, I DO!"

I should preface this next section with the following:

I have ALWAYS loved looking and feeling pretty and HOT...no really...SERIOUSLY...**I LOVE, LOVE, LOVE** looking AND feeling pretty and HOT! It really builds me up and makes getting in front of a lot of people to give a class or speech MUCH easier when I am bursting with Self-Confidence...And I LOVE finding all my fashion and beauty needs at a fraction of the cost!

I LOVE the following in no particular order:

- Fashion/clothes that fit and accentuate your body type PERFECTLY
- Makeup that enhances your facial features without making you look like a clown
- Hairstyles that accentuate your bone structure that is ALSO easy to fix and maintain
- The coveted pair of jeans that sits perfectly on your hips and lifts your butt in all the right spots...WITHOUT causing you to have a "Muffin-Top"
- The "hot" skirt that shows you can give EVEN "Jessica Rabbit" a run for her money
- The flawless top that plays up your bosom and brings out the curve of your waist
- A pampering day at the spa that makes you feel beautiful and alive when you leave
- Walking out of the nail salon with freshly manicured hands and a fresh pedicure with pretty painted toes.
- Shoes...Ah well I saved the best for last! What can I say about a "Smokin' Hot" pair of shoes that can make or BREAK an outfit? Let's just say that I buy the shoes FIRST and build the outfit around all the wonder that they are.

Because of my love for the above, I have truly embraced my "Maven" status in this area of my life. I have taken EVERYTHING I have learned since I was in 6th grade and found a way to purchase my first pair of "Gloria Vanderbilt" jeans and I have included it in this book.

INTRODUCTION CONTINUED:

Now...you could be asking yourself "Why does this woman think she is such an expert in this arena and what qualifications does she have in writing this book?"

I have no degrees, certifications, or professional experience in these fields. I was a woman just like you trying to get rid of my insecurities, hide my imperfections, and enhance my health and my beauty in order to feel better about myself.

I am now a very secure woman with a TON of confidence and LOADS of knowledge/information and OWNING everything about myself...good AND bad. Because I feel so great everyday of my life I now want to share this knowledge with you: my fellow sisters so you can learn how to be and feel just as incredible as I do...every single day of YOUR life.

As I said before there are times that I have to be very frugal and then there are the times when I can completely go nuts and splurge to my lil' heart's content. I'm not going to lie to you...I LOVE those times when I don't have to worry about the cost and take full advantage of it.

About 85% of this book is ALL me. The other 15% is me researching everything to make sure it is accurate.

I have been living, learning, experiencing, observing AND absorbing professional techniques and researching bigger, better AND cheaper ways to achieve the look I want. I have subsequently been sharing that knowledge with all the women I know for over 20 years.

They don't call me the "QUEEN OF RESEARCH AND MULTI-TASKING" for nothing!!!

Here is how I did and STILL get the information I've placed in this book:



***"I call Maria "The Human Encyclopedia,"
because there truly is not anything
she doesn't know."***

***Angie Stallons - Banking Manager
Bank of America and Beloved Sister***



Whenever I make an appointment to go to a Day Spa, Med Spa, Hair Salon, Makeup Artist, Esthetician, Personal Trainer, Cosmetic Surgeon, Dietician, Cleanse Specialist, Herbalist, Acupuncturist, Massage Therapist, Hypnosis Therapist, Sleep Specialist, Image Consultant or Doctor I do my own extensive research beforehand...

Not just on their reputations, but their type of service as well...'Cuz that's just how I roll and I always have. And YES...I HAVE gone to see ALL the above specialists and still see some of them on a regular basis.

INTRODUCTION CONTINUED:

When I go to my appointment, I bring a notepad with my list of questions. I'm sure they are thinking I'm a freak at first, but I literally don't give a hoot. The way I see it, I'm the customer and I'm going to be as informed as I can before I continue with their services.

I, of course, do it in a very nice and sincere "schmoozing" manner, because I know that you never want to piss off the people that are doing a procedure on any part of your body!

I then ask them to give me their professional assessment of my hair, skin, body type, specific problem I'm there to see them about. I proceed to take a COPIOUS amount of notes, therefore completely confirming their initial opinion of me.

I have them explain to me exactly what they are going to be doing to me and why. I observe everything they do very closely asking what each product contains and how it works and record it in my mind for later processing and reference.

I used to go to the bookstore and sit down on the floor in the aisle to research what I just learned in order to fill in the gaps, but when the internet came out I started going to that vast resource about 80% of the time instead. I STILL hang out in the book aisles of Half Price Bookstores and Barnes & Noble, because there is just something I love about holding a book in my hands and I just can't give that up.

The reason I HAD to research the topic was because I wanted to REALLY understand WHY I needed to have something done or use a certain product, eat or drink something, perform a certain exercise etc. WAS it really going to work and if so...the next question I would answer was HOW it was going to help me and finally...What kind of results was I going to see and WHEN?

I would then combine ALL of that information, advice and tips I just educated myself with, and put my busy little brain to work and figure out the following:

- **WHAT** can I do myself WITHOUT spending A TON OF MONEY?
- **HOW** can I do this MYSELF AT HOME without needing the help of professionals?
- **WHERE** can I get all the STUFF I need and for CHEAP?

Because my time on this earth is precious to me and I refuse to spend EVERY waking moment obsessing about my appearance and doing beauty treatments or exercising ...AND because I also teach people Time Management skills (because their time is precious too) AND because I believe in practicing what I preach...I couldn't just stop at figuring out the above. I also had to discover a way to do the following:

- **HOW** can I AMPLIFY the benefits of the above?
- **WHAT** can I COMBINE in order to use my time more effectively?

I did it and it's all in here! Every single thing I know about these subjects are in this book...as well as one of my own amplified beauty day schedules!

INTRODUCTION CONTINUED:

Now maybe you already know a lot of the information in this book and maybe you don't. Either way I will not only tell you HOW to do something WITH both inexpensive and more expensive product suggestions, but helping you SAVE time as well as money with WHERE to get them.



More importantly, I will tell you WHY you should take care of your face, body and your health:

BECAUSE...you will have a happier, more fulfilling, healthier and longer life when you BELIEVE in your heart that you are DESERVING of ALL of your dreams and ALL that you want to be...

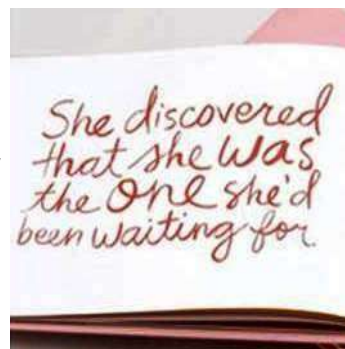


When you take care of yourself and have "All About You" time, you will be bursting with self-confidence, possess a strong body image and exude a high self-esteem which in turn not only positively affects you and your loved ones... but EVERYONE you meet!

This book isn't JUST about being more beautiful, fashionable, youthful, physically fitter, or Smokin' Hot...

It's about EMPOWERING you to reach your life's full potential by matching your inner beauty with your outer beauty.

LET ALL THE BEAUTY YOU ARE SHINE!



Now...FINALLY...and without further ado... the Table of Contents listing EVERYTHING you will find and learn in this book.

I have placed live links on the table of contents so that you can surf through this book easily and effortlessly. Throughout this book, I have referenced certain people, shows, and interviews and placed live links to take you to the mentioned item.

On the product suggestion pages in each chapter there are live links to the online stores where you can purchase them. Please use these links so we can raise more money for our charities.

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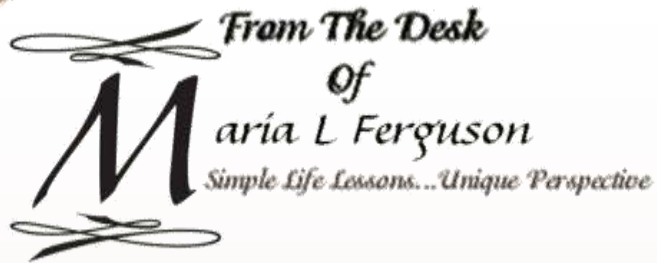
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Dear Sister,

I write these words to you with hope in my heart that you **REALLY** let the message sink in and learn to live your life by this powerful philosophy.

Those who **KNOW** the truth learn to **LOVE** it.
Those who **LOVE** the truth learn to **LIVE** it.

Look at yourself in the mirror...**REALLY** look long and hard and **KNOW** that beauty is in the eye of the beholder. Right now **YOU** are the 'beholder'.

Truth is what **YOU** believe it to be and when you **BELIEVE** that you **ARE** a beautiful, intelligent, confident, funny, and sexy woman... **EVEN** with a few flaws AND quirks, then and **ONLY** then will it become the truth! Love Yourself and that self love will radiate beauty all around you like a beacon for ALL to see.

You and only **YOU** have the **POWER** to **CONTROL** how others see you and treat you, **BECAUSE**...how you think of yourself...Is how others will think of you too.

Always remember...Truth is what YOU believe it to be, so believe good things!

I wish you ALL the confidence, happiness, and beauty that you deserve!

Much Love, Happy Shopping & Lotsa Hot Shoes,

Chapter 1

HAIR-DO
OR
DYE

YOUR FACE IS THE PHOTOGRAPH...YOUR HAIR THE FRAME



Look around your house and check out the frames you have your photographs in. When you bought those frames you were thinking they would really make your pictures stand out, weren't you?

It's the same with your face and your hair! You want your hair to frame your face so it will stand out in the most flattering manner. I can promise you that if you are choosing the wrong color and style it's not going to do that. A bad hairstyle, dye job, the wrong products and unhealthy hair can really distract people from the beauty of your face.

If you are not happy with what your hair is doing for you, then, baby, it is time for a change!

Use this chapter to find your facial shape, what styles work for you, how to take care of your natural type of hair and determine what hair colors will best work with your skin tone. Additionally, I will show you how to find a stylist that best suits your hair needs and personal style.

I will show you where you can find the appropriate yet inexpensive products to maintain healthy looking hair in between visits to the stylist. Finally, I will present you with hair treatment recipes that you can make at home.

Before we get started, I want to offer one piece of advice: once you find the perfect hair style that frames your face in the most flattering manner... STICK WITH IT!

I have had the same hairstyle for the past 9 years varying to different degrees of length and color because it WORKS for me...and for the past 9 years I have received more compliments on my hair and I am happier with it than I ever have been.

Yes, it's in our curious nature to want to experiment, try new things and mix things up a little...and that's great! Channel those tendencies to things that can be easily corrected if the experiment is a failure like makeup which can be wiped off or that handbag or pair of shoes that can be left in the closet. When it comes to your hair...when you find something that works ...STICK WITH IT!!!

ARE YOU A SQUARE? HOW TO DETERMINE YOUR FACE SHAPE **IN ORDER TO CHOOSE THE RIGHT 'HAIR' FRAME**

Let's figure out what the shape of your face is to better assist you in selecting a style that is perfect for you. Your facial shape is the starting point to choosing a style that flatters you.

To find out the shape of your face, measure it with a tape measure - and write them down:

1. Measure across the top of your cheekbones.
2. Measure across the widest point of the jawline.
3. Measure across the widest point of the forehead to. Generally the widest point will be about halfway between your eyebrows and hairline.
4. Measure from the tip of your hairline to the bottom of chin.

Now that you have your measurements use the following images and descriptions to determine the shape of your face; each image suggests several flattering styles:

OVAL – you have many choices



Your face is OVAL if it's slightly narrower at the jawline than at the temples and your hairline is gently rounded.

Try: Most any hair style works well. Short, medium and long lengths, plus styles swept away from face.

ROUND - add height without adding extra width



Your face is ROUND if you have a full-looking face with a round chin and hairline.

Try: Chin-length or longer styles, cuts with fullness that add height at the crown, also a layered top and off-center parts.

ARE YOU A SQUARE? HOW TO DETERMINE YOUR FACE SHAPE IN ORDER TO CHOOSE THE RIGHT 'HAIR' FRAME

RECTANGULAR - avoid styles that add height on top



Your face is RECTANGULAR if it is long and slender, about the same width at your forehead and just below cheekbones.

Try: Short to medium lengths, fullness at the sides and soft wispy bangs.

HEART- add volume to chin



Your face is HEART-SHAPED if it is wider at the temples and hairline and then narrowing into a small chin.

Try: Chin-length or longer styles, side parts with swept forward layers around the upper face and wispy bangs.

PEAR - add volume above jawline



Your face is PEAR-SHAPED if you have a narrow forehead with a round chin

Try: Frame the face with bangs and full layers on the sides and on top, with hair falling below the chin.

SQUARE - avoid styles that add width at the jawline



Your face is SQUARE-SHAPED if you have an angular jawline that is the same width as your forehead.

Try: Styles that lengthen the face and add fullness on top work best for you. Avoid styles that add width at the jawline.

RAPUNZEL, RAPUNZEL, LET DOWN YOUR HAIR!
WHAT KIND OF NATURAL LOCKS DO YOU HAVE?

On the previous page, you determined what your facial shape was and what hair style best suits you. On this page, we are going to discuss what kind of hair you have and the best way to manage and care for it. Below are images of women with different hair types. Pick the hair type that best suits you.



STRAIGHT HAIR: Straight hair reflects the most sheen. It is also the most resilient hair of all the hair types. It is hard to damage and next to impossible to curl this hair texture. Because the sebum (natural oil produced in the sebaceous glands of the scalp) gently works its way from the scalp to the ends without the interference of curls or kinks, it is the most oily hair texture of all.

STRAIGHT HAIR WASHING & STYLING TIPS: You should wash this type of hair every day and go sparingly on the conditioner with the exception of your ends. To aid your hair in holding a curl, blow dry your hair then spray on a film of hairspray and brush it through. You will now be able to use a curling iron more effectively on your hair. It also helps to lightly spray each curl with hairspray after it comes out of the curling iron.

WAVY HAIR: Wavy hair lies somewhere between straight and curly hair. It also imparts sheen, more than curly hair, but less than straight hair. The further down the wavy spectrum you go the less sheen the hair will impart. Wavy hair is typically more prone to frizz. The less wavy your hair the easier it is to alternate between straight and curly styles. Medium to heavy wavy hair is more resistant to styling.

WAVY HAIR WASHING & STYLING TIP: Wash this type of hair every 1-2 days. Because wavy hair is more prone to frizz, anti-frizz/humidity protective stylers are key for creating and keeping gorgeous waves. Keep fingers out of wavy hair, the more you tousle the more frizz you will experience.



RAPUNZEL, RAPUNZEL, LET DOWN YOUR HAIR!
WHAT KIND OF NATURAL LOCKS DO YOU HAVE?



CURLY HAIR: If you hold out a strand of hair, you will notice it has a definite S shape. Granted, the S may be a lower case s or upper case S, or it may even resemble a Z on some occasions, however, there is a definite curl pattern in place, with or without products. This hair type is full bodied, climate dependent (humidity = frizz), and damage prone. You will end up with dull, lifeless curls if you don't take proper care of curly hair.

CURLY HAIR WASHING & STYLING TIP: Wash this hair type every 1-2 days. Curly hair is the most temperamental hair type. If you apply too much styling product you get weighed down/greasy looking curls; apply too little styling product and you'll get Diana Ross's 80's afro! The key to guaranteeing effortless, frizz-free curls is proper styling

product application. Always start with a fresh, clean palette on day #1. Cleanse, Condition, Moisturize, then apply your styling product of choice, following the suggested use of your favorite products.

KINKY HAIR: If you hold out a strand of hair, it usually has a zigzag pattern and is wiry, and fragile by nature. Kinky hair is the driest hair type therefore it is more prone to breakage and requires a tender touch. Contrary to popular belief, kinky hair grows at the same rate as all other hair types, however, if not treated properly it breaks more often. Treat this hair type like a fine silk scarf with fringe – cleanse gently, detangle softly, and avoid harsh chemicals.

KINKY HAIR CARE TIP: Because kinky hair is dry by nature, and therefore breaks easily, it needs added moisture daily. Moisturize this type to add suppleness and elasticity, thus avoiding undo breakage. The key to keeping these natural locks healthy, shiny, and beautiful is to moisturize every step of the way. Start with a creamy, sulfate free, moisturizing cleanser, follow with an extra hydrating conditioner, prep with a rich moisturizer and style with a rich cream that is full of natural oils and rich butters. Avoid mineral, petrolatum oil and heavy waxes.



THINKING OF COLORING YOUR OWN HAIR?
READ THIS FIRST!

You can color your hair at home, but I honestly DON'T recommend it unless you REALLY know what you are doing!

I have colored my own hair many, many times and if I have learned ANYTHING, it's this:



READ THE DIRECTIONS!!!!

I'm the kind of person that thinks she can figure anything out just by looking at the supplies and barely glancing at the directions.

Yeah! You should have seen my past hair and face peel disasters. I couldn't go out of the house for almost a week when I purchased a high percentage glycolic peel and thought that if 3-10 minutes was helpful...IMAGINE how much it would help if I left it on for 15 minutes ALL the while KNOWING that I had VERY sensitive skin!

I also had to get almost all of my hair whacked off when I was much younger because I over processed it and damaged about 2 inches of it.

I can PROMISE you that IT was not pretty and I have since learned my lesson! When it comes to ANYTHING that has to do with my hair, face or body...I read the directions, then...

I read them AGAIN very slowly out loud...then I pantomime the directions like I'm in my own personal production of ***"Hair Directions - The Play"***, before I bust out the dictionary to look up words I don't know just in case they were using some "Beauty Professional" vernacular I wasn't privy to. Seriously! REALLY!!!

No, not really, but I AM trying to emphasize the importance of carefully reading the directions and understanding them before you begin following them to the letter!

PICKING THE RIGHT HAIR COLOR FOR YOUR SKIN TONE

Are you a warm or a cool? Picking the right hair color depends on if your skin color is warm or cool. When you decide to color your own hair, picking the perfect new shade or color for your hair can be daunting, but here are a few tips and tricks to make it easier:

Tip 1: If you are a coloring newbie, you should start with a semi-permanent color. Semi-permanent colors wash out after a few washes, whereas permanent colors never wash out. If you are new to coloring your hair, you might start with a semi-permanent color UNLESS you want to cover gray hair or go two or more shades lighter or darker.

Tip 2: DON'T go by the picture on the box. Pictures on hair color boxes can be deceiving. You're better off going by the color swatches on the box and the descriptions. According to the Feb 2006 issue of Ladies Home Journal, most boxes will call out the color (blonde, brown, black and red) and the shade of that color (light, medium and dark). There might also be mention of the tone (golden or ashy).

Tip 3: Most hair colors fall into either 'warm' or 'cool' families.

Warm: You're likely a 'warm' if you have golden, olive, or dark skin and brown or dark eyes (most Latinas, Asians, and African Americans fall into this category). In addition, if your skin tans easily and the veins in your inner wrists are green, you are a warm.

Cool: You're a 'cool' if you have fair skin and blue or green eyes. You burn before you tan and the veins in your wrists run blue. If you're confused because you sometimes burn, sometimes tan, you likely skew warm.

Tip 4: Choosing the correct shade is VERY important.

Warm: If you have a warm skin tone, choose golden shades such as caramel and bronze in a darker shade than your skin. Avoid jet-black hair, which will wash you out. If you do choose a golden shade, don't go too light or your hair could turn orange. Sally's Beauty Supply has GREAT products to prepare your hair for color and to eliminate brassiness.

Cool: If you have a cool skin tone, avoid colors that will highlight the ruddiness of your skin: gold, auburn and copper. Ash blondes and cool browns work best.

PICKING THE RIGHT HAIR COLOR FOR YOUR SKIN TONE CONTINUED

Tip 5: Can you be a Blonde Bombshell?

Basic rule of thumb for that question is people who had blonde hair as children have the right skin tone to pull off blonde as adults.



Tip 6: How to pick the right shade of blonde. A brassy blonde color or highlights on someone with a warm skin tone can be harsh so choose warmer shades instead. If you have brown hair and want to go blonde, you don't want to go too light or you could look washed out; instead, go for contrast: highlights and lowlights. In addition, keep in mind that darker hair will actually complement brown or green eyes better than blonde hair.



Tip 7: Do you want to be a Fierce-Some Redhead?

Almost everyone can go red, but the most important step is finding the right shade that complements your skin tone. Women with a cool or pink skin tone pull off red best, according to Jennifer J, a stylist quoted in the February 2006 issue of Marie Claire.

Tip 8: Washing that gray right out of your hair can be hard! Because of its coarse texture, it is hard to hold a color. If your hair is less than one-thirds gray, choose a semi-permanent color that's a shade lighter than your natural color (or matches your color). The gray will blend right in. Semi-permanent color is less damaging than permanent color. If your hair is grayer than your natural color, try a permanent 'ashy' color, which will help your gray hair appear blonde.

Tip 9: Holy COW! The color's all wrong! I strongly suggest that you seek out professional help if your at-home dye job went wrong. Coloring over color can be tricky and you don't want to over-process your hair.

Tip 10: Don't do extreme At-home coloring. It's only best for people looking to go a couple shades lighter or darker or to cover gray. If you have light brown hair, a dark blonde will look beautiful on you. For extreme changes, it's best to seek out the help of a professional rather than trying to dye your dark brown hair light blonde...that being said...

The next few pages are all about finding that PERFECT someone to trust with your hair.



"Picking the right stylist includes looking at skills in cut AND color"

FINDING THE PERFECT HAIR STYLIST

Looking for the right hair stylist can seem like a never-ending battle. I have had my share of bad experiences with new hair stylists that I didn't research enough.

From walking out with almost metallic purple hair after asking for auburn to fried bleach blond hair after asking for highlights and she kept me under a hot dryer too long...even AFTER I told her that my hair processes very fast.

I have also received haircuts that I had to keep hidden under hats or tied in a very short ponytail until it grew out long enough to be fixed by someone else.

I now have the BEST girl in the world (Ashton at Aqua Blue) and I will be loyal to her for as long as she is doing hair! When I step out of her chair and swing my hair back and forth, I feel like the most beautiful and confident woman in the world.

Once you find that perfect someone...never stray for ANY reason and make sure you take care of her or him with the tips! It's worth it when you actually think of the service they are providing for you. I usually give 20% to 30% of total bill, but standard tipping percentage is 15%.

You should not be fearful or apprehensive when going to see your hairdresser. You should look forward to your hair appointment knowing that your girl or guy will perform their magic and when you step out of their chair, your hair and your confidence will be enhanced.

Your stylist must be willing to listen to your requests and answer any questions you may have. To help you find a stylist who will best suit your needs try the tips on the following page:

FINDING THE PERFECT HAIR STYLIST CONTINUED

Ask:

Find someone with a hairstyle that you admire and ask them the name of their beauty salon and stylist. Most people are flattered with the compliment and will be eager to tell you how proud they are of having the greatest stylist in the world! Make sure to ask also how long they have been seeing their hairdresser, how consistent the experience has been and if they would recommend them to a friend.

Research Their Level of Education:

Yes, this is very important! Like any other field, school will only give you the basics, a great hairdresser must be willing to invest in their ongoing education. They must be willing to keep up with the latest trends and at the same time, share that knowledge with their clients. Ask her/him if they have experience with your type of hair and inquire if they have a photo book with samples of existing clients.

Schedule a Consultation:

Any great hairdresser should always schedule enough time to do a full consultation with a first time client. Even if the client just wants a trim, the consultation should cover any aspects and concerns regarding your hair. The stylist should ask you what you would like and offer suggestions. She/he should also discuss shampoos, conditioners, or special treatments that would improve the health of your hair. Be open and ask as many questions you need to feel comfortable. Who cares if they think that you are "High-Maintenance"! It's YOUR hair for heavens sake!!!

Expectations:

Be realistic about your expectations. Don't walk into a salon with a picture of Fergie or Carmen Electra and tell the stylist that you want hair like that when your hair is short and curly or fine and unhealthy. Stylists can perform magic, but they are NOT miracle workers. Ask to see a hairstyle book and with the help of your stylist find a style and color that works best with your personally unique face and hair type.

FINDING THE PERFECT HAIR STYLIST CONTINUED

OTHER FACTORS TO CONSIDER

Budget:

This is an area of concern to us all especially in today's horrible economy; make sure that you pick a salon and price structure that you are comfortable with so you are able to maintain your hair on a regular basis

Location:

It is easier to maintain a look if you can get into and out of the location with ease and in relatively good time. When I moved to Austin I continued to travel to San Antonio to see my girl Brianna for a year because I LOVED her so much and I was so scared to try to find someone closer to home. After it got to be too much of a hassle, I finally started the quest to find someone here...and it took a few very bad hair mishaps until I found Ashton.

Atmosphere:

Not all of us are comfortable in every surrounding. Pick your salon carefully as you will have to spend a lot of time there and you should be happy with your investment and at ease enough not to feel rushed or uncomfortable. You should enjoy being with your stylist.



Service Quality:

This is a must and encompasses a variety of issues. Trust your stylist and their expertise, but remember that you are the customer and you are ultimately in charge of your look; communicate effectively and don't be shy.

Experience:

Remember that years, in most cases, do count. You want to pick a well- established person with a good reputation. You want to find someone who has been in the industry for at least 5 years or over. Don't be afraid to inquire about background education and such.

Finally, after you do find the right salon and stylist, enjoy your time in the salon, trust her judgment, be loyal, and have fun.

**MARIA'S AT-HOME TIP THAT MAKES HIGHLIGHTS LAST LONGER
AND SAVES YOU MONEY!**

I get my hair highlighted with low-lights. When I go to my girl Ashton, it usually runs about \$175-\$200 including tip. Because of my hairstyle and the fact that I REALLY take care of my hair, I can go at least three months before needing a cut.

After about 6 weeks my color starts to get dull, roots are showing and a few gray hairs start to pop out. When I need to be frugal, I will buy a highlight kit from any store that stocks them and do it myself. I make sure I know what color Ashton uses and I get as close to that color as I can. I then go home and FOLLOW THE DIRECTIONS TO THE LETTER!

VOILA! No more roots, the gray is covered, the dull is now shiny, and I just saved myself \$200 for another six weeks!



The following pages are full of hair treatments and masks that you can do at home!

INEXPENSIVE AT-HOME HAIR TREATMENTS AND MASKS

Egg & Olive Oil Hair Mask

What you need:

2 whole eggs
4 tbsp olive oil

Instructions:

Mix eggs with olive oil and smooth through dry hair. Wrap head with plastic wrap, and leave in hair for 1 minute. Rinse well.



Fruit Smoothie Hair Mask

What you need:

1/2 a banana
1/4 avocado
1/4 cantaloupe
1 tbsp wheat germ oil
1 tbsp yogurt

Instructions:

Put all ingredients in blender and blend until it's a creamy consistency. For extra conditioning, squeeze in the contents of a vitamin E capsule. Leave in hair for 10 minutes and wash out as usual, putting the shampoo in your hair BEFORE wetting it so you don't have to wash it twice.

Beer & Egg Hair Treatment:

(Use half and drink the rest!)



What you need:

1 can of beer (any type)
1 egg

Instructions:

Mix these ingredients and apply to your hair. Let this set on your hair for at least 15 minutes before washing. Do this once a month for added shine and luster. This solution cannot be stored.

INEXPENSIVE AT-HOME HAIR TREATMENTS AND MASKS CONTINUED

Hot-Oil Treatment

What you need:

1/4-1/2 cup Olive Oil or other cooking oils depending on hair length and type.
1 tbsp orange water or orange juice

Instructions:

Mix the ingredients and microwave until warm enough and apply to DRY hair. Leave on the hair for 15 minutes and then wash as usual, putting the shampoo in your hair BEFORE wetting it. This solution can be stored for up to a month.

Hair Growth Treatment

What you need:

10 drops of Rosemary Essential Oil
Fill up a two-ounce jar with Mineral Oil or Jojoba or Aloe Vera

Instructions:

Mix and put about a ½ teaspoon on scalp and massage in. I leave mine in overnight! I believe this treatment helped my hair grow in much faster.

Hair & Scalp Tonic

What you need:

10 tsp of Olive Oil
8 drops of Rosemary Essential Oil
7 drops of Cedarwood Essential Oil

Instructions:

Mix the above together and massage into scalp. Wrap hair for two hours in a towel and then wash out. It's important to put the shampoo on the hair before you wet it to ensure that all the oil will come out.

Scalp Massage: This massage stimulates 17 Acupuncture Points and Meridians.

1. Starting at your front hairline, press all your finger tips against your scalp and push them all the way to your back hairline.
2. Lift your fingers off the scalp, return them to your front hairline, and repeat as often as you need to.
3. Lift your fingers along the arc of your scalp, just above your ears, from front to back.



“Don’t Let Your Hair Styling Products Do THIS to Your Hair”

**MARIA’S HAIR PRODUCT SUGGESTIONS
AND WHERE TO BUY THEM**

I have used ALL of the products below at some point and time. I change it up like most hair experts suggest depending upon my budget and what’s going on with my hair at the time. For each brand the purple link takes you directly to the official website. I ALSO have a link where you can purchase it at a discounted price. And, YES! I have purchased product at EVERY discount store I suggest.

Therapro MEDlceuticals: A complete line of GREAT products that help to prevent thinning hair and hair loss along with vitamins that help hair to grow. Recommended for women during and after chemotherapy.

Sexy Hair: AWESOME styling products. Or buy at discount: www.unsalon.com

Tresemme: Tresemme’s site gives instructions on how to use each of their products to get the look you want....very consumer friendly! Or buy at discount: www.drugstore.com :

Matrix Has two really great products (and they smell great too) that I use. Biolage & Color Smart Shampoos, conditioners, and styling products. Or buy at discount: www.drugstore.com

Aussie: Shampoos, conditioners, and styling products. Or buy at discount: www.cvs.com

Head & Shoulders: A COMPLETE collection of Anti-Dandruff shampoos and conditioners for EVERY single hair type. Or buy at discount: www.drugstore.com

Herbal Essences: Shampoos, conditioners, styling products and hair color. Or buy at discount: www.drugstore.com

John Frieda: Shampoos, conditioners, and styling products. These are REALLY good products and very affordable! Or buy at discount: www.walmart.com

Hask Henna-n-Placenta Hair Repair: This is a WONDERFUL treatment for damaged hair.

Revlon Frost & Glow: For at-home highlights. Or buy at discount: www.drugstore.com

Clairol Frost & Tip: For at-home highlights. Or buy at discount: www.drugstore.com

Loreal Frost & Design: For at-home highlights. Or buy at discount: www.thebeautyshoppe.com

Loreal Color Expert Express: 2 Step all over color with 30% faster highlights. Or buy at discount: www.drugstore.com

Loreal Feria: Good for really vibrant color which is a little more sassy than other more muted tones. Or buy at discount: www.thebeautyshoppe.com

Garnier Nutrisse: This is a GREAT more natural hair color with an AMAZING avocado conditioner Or buy at discount: www.thebeautyshoppe.com

TIGI Bed Head Hair Care: Shampoos, conditioners, and styling products. Or buy at discount: www.beautystoredepot.com